



SUPPORT GROUPS GREATER RICHMOND CHAPTER

FREDERICKSBURG AND MIDDLE PENINSULA NORTHERN NECK

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Registration is **recommended** for support groups. Please call our 24/7 Helpline at 800.272.3900 to register.

FREDERICKSBURG CAREGIVER SUPPORT GROUPS

3rd Tuesday - 1:30 p.m.

Howell Library
806 Lyons Blvd, Fredericksburg
Hosted by Melite and Lori

3rd Tuesday - 5:30 p.m.

Christ Lutheran Church
1300 Augustine Ave., Fredericksburg
Hosted by Judy

4th Tuesday - 11 a.m.

Caregiver Support Group
Christ Lutheran Church
1300 Augustine Ave., Fredericksburg
Hosted by Judy

1st Wednesday - 5 p.m.

Cooper Library
20 Washington Ave, Colonial Beach
Hosted by Julie

Virtual Support Group for Caregivers

3rd Tuesdays - 7pm

Hosted by Merle, Greg, & Erin
Join Zoom meeting [HERE](#)
Join audio Zoom by phone: 833.548.0282
Meeting ID 925 1018 2175
Passcode: 017184

Picturing New Connections

Early Stage Engagement for Persons Living with Dementia & Caregivers

Gari Melchers Home and Studio
224 Washington Street Falmouth, VA 22405
Dates vary, so please click [HERE](#) or call the studio at 540.654.1015.

Memory Café | 10:30 a.m.-Noon
For Persons with Memory Concerns and Caregivers
Dates TBD - Please call 804.967.2580
Salem Church Branch Library
2607 Salem Church Road
Fredericksburg, VA 22407

Memory Café | 10 - 11:30 a.m.
For Persons with Memory Concerns and Caregivers
Meets Quarterly - Dates TBD
Please call 804.967.2580
Fredericksburg Branch Library
1201 Caroline St,
Fredericksburg, VA 22401

MIDDLE PENINSULA NORTHERN NECK (MPNN)

1st Monday - 4:30 p.m.

Virtual Caregiver Support Group
Hosted by Mary Arthur
Join Zoom meeting [HERE](#)

FOR PERSONS LIVING WITH DEMENTIA AND CAREGIVERS

1st Tuesday - 11 a.m.-Noon

Bay Aging Active Lifestyle Center, Gloucester
6650 Main St, Gloucester, VA 23061
Hosted by: Mary, Samantha, and Taylor

3rd Tuesday - 10:30 a.m.

Daffodil Gardens I - Community Room
5954 Garden Grove Ln
Gloucester, VA 23061
Hosted by Ted